

10 TIPS for **Better Stress Management**

- 1 Remind yourself that in every situation, you have choices.**
- 2 Schedule sleep! Power naps can increase personal well-being.**
- 3 Talk to one or two people who care about you.**
- 4 Eat a well-balanced diet. Include adequate amounts of protein, fruits, and vegetables.**
- 5 Make time to be alone every day.**
- 6 Exercise for 20–30 minutes, three times a week, to break the stress cycle.**
- 7 Use cigarettes, alcohol, and caffeine sparingly, if at all. Don't let them use you.**
- 8 Write things down rather than relying on your memory—when to pick up laundry, when library books are due, etc.**
- 9 Plan ahead by keeping the gas tanks and refrigerator half full. Carry a spare car key.**
- 10 Say “no” when you don't have the time or energy for something.**



**Fleet & Family Support Centers
of Hampton Roads, Virginia**

FFSC Dam Neck	492-7150
FFSC Little Creek	462-7563
FFSC Norfolk	444-2102
FFSC Newport News	688-NAVY
FFSC Northwest	421-8770
FFSC Oceana	433-2912
FFSC Portsmouth	396-1255
FFSC Yorktown	887-4606